

# Anger Management Group For Women Veterans



**What:** An eight week psychosocial group for Women Veterans to deal with Anger Management and hard to treat Anxiety, Worry, and Panic.

**When:** Wednesdays from 10:00am to 11:30am, commencing on January 14, 2015 and continuing through March 4, 2015.

**Why:** Ineffective anger management may lead to family problems as well as societal problems, such as incarceration, loss of employment and loss of personal relationships. Without effective coping mechanisms for anger, individuals often suffer from medical problems such as headaches, difficulty sleeping, high blood pressure and problems with digestion.

**Co-Facilitators:**

Linda Sims, LCSW, LADC  
Carol Simenson, LCSW

For additional information  
about this group, please contact:

*Linda at 791-9000 ext. 14748  
or Carol at ext. 19451*

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